

- b. [volume swelling said composition applied in step a; and] allowing said composition to penetrate into said hair follicles; and
 - c. volume swelling said swellable composition, wherein internal forces are generated by said swellable composition at said hair follicles during and after said volume swelling of said composition.
3. (Cancelled)
 4. (Amended) A method according to claim 1, wherein said swelling causes opening of said hair follicles and prevents said hair follicles from collapsing.
 5. (Amended) A method according to claim 1, wherein said swelling enlarges a depth of an inner lumen space of said hair follicles.
 8. (Amended) A method according to claim 1, wherein said applying topically includes massaging said swellable composition into said body area having hair follicles.
 9. (Amended) A method according to claim 1, [wherein said method] further comprising another step after step [b] c: occluding said hair follicles.
 10. (Amended) A method according to claim 1, wherein said compounds/drugs are molecules [or] and their derivatives used in cosmetic[and/or] /pharmaceutic[s]al applications.
 12. (Amended) A method according to claim 1, wherein said swellable composition is cosmetically[and/or] /pharmaceutically acceptable.
 19. (Amended) A method according to claim 1, wherein said [a plate, a film, a dressing and the like are applied above said] swelling composition is covered during